



*The Montgomery County Volunteer Center  
Proudly Presents...*

*Dr. Martin Luther King Jr.*

*2011 Day of Service and Volunteer Fair*



*MLK Day of Service Sponsors:*



**Give. Help. Serve. Support.**



## Welcome!

If you have any questions, please see one of our volunteers in a blue t-shirt with a neon staff nametag.

Enclosed you will find a listing of programs, service projects, and agencies to check out throughout the day!

If you are looking for more volunteer opportunities, search our online database.

Visit: [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) or call: 240-777-2600

### Conflict Resolution Workshops – (Salon A)

The Conflict Resolution Center of Montgomery County (CRCMC) will lead interactive activities on conflict resolution skills for all ages. CRCMC is a non-profit organization dedicated to providing quality dispute prevention, resolution, and education to individuals and community organizations. Mediation services are provided free of charge to Montgomery County residents. Attend the interactive training sessions. **Participants can join for a single activity or for all of them!**

- |                  |  |
|------------------|--|
| <b>1:00-1:20</b> | <b>Battle Lines</b><br>Battle Lines will demonstrate how to use Win-Win Problem solving. |
| <b>1:30-1:50</b> | <b>Minefield</b><br>A communication skills exercise.                                     |
| <b>2:00-2:10</b> | <b>Introduction to CRCMC</b>   |
| <b>2:20-2:40</b> | <b>Houses</b><br>A communication skills exercise.  |
| <b>3:45-3:00</b> | <b>Crocs and Frogs</b>   |



### IMPACT! MLK Day Performance – Upper Level

Inspiring Mentoring Positive Activists Called Teens! is a group of middle and high school teens who explore and tackle real world issues in a theatrical setting, fostering thought-provoking audience discussion while building resiliency skills.

Students are taught theatrical, leadership and facilitation skills. For more information, call 240-314-8633.

IMPACT! challenges audiences to look at themselves and ask “what can I do” about different issues. Their performance today is based on the dream of Martin Luther King, Jr. and will address how we, as a people, can take responsibility for our actions, and move into a more positive, compassionate, service-oriented society.

**Performances: 1:30, 1:55, 2:30**



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## **Service Projects**

*(Note: Peanuts and peanut butter are on the premises.)*

### **Tie Quilts and Color Labels for “Quilts from the Heart” with Friendship Star Quilters**

Help finish beautiful quilts by tying knots using crochet cotton and tapestry needles. Those too young to tie can decorate fabric labels which will be attached to the back of each quilt when finished. Quilts are made for at-risk children and infants and victims of disaster. Friendship Star Quilters is an organization that fosters fellowship and support for beginning through advanced quilters. [www.friendshipstar.org](http://www.friendshipstar.org)

### **Bone Marrow Registration for the National Marrow Donor Program**

The National Marrow Donor Program recruits committed donors to the national registry. Find out more and become a volunteer donor today. Help us increase the diversity of donors in order to improve the chances for all patients of all racial and ethnic backgrounds to find a match. [www.marrow.org](http://www.marrow.org) or 301-496-0572

### **Be an Artist with Interages**

Create flower pencils that will be used to honor older adult volunteers who serve as tutors and mentors to children throughout the school year and as room-brightening gifts for older residents of adult care facilities where youth visit regularly through Interages programs. [www.interagesmd.org](http://www.interagesmd.org) or 301-949-3551

### **Create Cheerful Notes for the Elderly**

Help provide some good cheer in the form of notes for seniors enrolled in the Meals On Wheels program. Sponsored by the Montgomery County Muslim Foundation. [www.mcmfusa.org](http://www.mcmfusa.org) or 301-760-7447

### **Assemble Bag Lunches for Area Shelters and Soup Kitchens with Whole Foods Market**

***\*\*Peanut butter will be at this project***

Make peanut butter & jelly sandwiches and pack snacks and drinks to complete a bag lunch for people who receive assistance from the following organizations: Bethesda House: 301-907-9597; Carroll House Transitional Shelter; Chase Partnership House Men's Shelter: 301-424-1380; DC Central Kitchen: 202-234-0707; Dorothy Day Shelter for Women: 301-762-8314; Montgomery County Coalition for the Homeless: 301-217-0314; Rainbow Place Shelter: 301-762-1496; Shepherd's Table: 301-585-6463; Watkins Mill House: 301-515-8244

### **Create Door Hangers for the Thoughtful Treasures Program at NIH Children's Inn**

Create door hangers for children who are staying at NIH Children's Inn that will be distributed through their Tiny Treasures program. Each day, children at the Inn receive a special “treasure” in their mailbox to brighten each day! The Children's Inn at the National Institutes of Health is a residential “place like home” for sick children and their families. Sponsored by the Montgomery County Muslim Foundation. Learn more about the Thoughtful Treasures program at <http://www.childrensinn.org>

### **Crochet and Knit with Montgomery College – Experienced knitters and crotcheters preferred**

Help crochet and knit 30 tiny hats for pre-mature infants for hospitals in our area. Sponsored by the Montgomery College Adult ESOL & Literacy/GED Program. [www.montgomerycollege.edu/wdce/aelg](http://www.montgomerycollege.edu/wdce/aelg) or 301-962-8950

### **Help Brides Choose the Right Table Linens with St. Anthony's Bridal**

Measure, organize, and sew on labels for table linens which will be borrowed by brides who cannot afford them. [www.stanthonybridal.com](http://www.stanthonybridal.com)

### **Make Bookmarks for the Just Another Angel Foundation**

Create colorful bookmarks in pink, black and white which will be distributed at an upcoming mother/daughter workshop for mothers who are in emotional crisis situations and their daughters. [www.jaafoundation.org](http://www.jaafoundation.org) or 301-518-4343



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**Pack “Snow Day Boxes” for Meals on Wheels**

Pack food boxes for clients to have on snow days when food delivery is not available. Meals on Wheels is a volunteer-based program - volunteers deliver food every weekday to homebound seniors and adults with disabilities. For volunteer information, contact your local program:

Central Maryland...1-877-730-9476  
Colesville...301-384-7440  
Gaithersburg...301-216-4200  
Germantown...301-251-8885

Rockville...301-340-1559  
Takoma Park...301-434-1922  
Wheaton...301-942-1111  
Jewish Social Service Agency...301-881-3700

**Comfort Scarf and Shawl Project for Montgomery Hospice**

Volunteers will create scarves and shawls for patients and family members of the Montgomery Hospice. Montgomery Hospice provides compassionate care that addresses the unique physical, emotional and spiritual needs of people with life-limiting illness, their loved ones and the bereaved. [www.montgomeryhospice.org](http://www.montgomeryhospice.org) or 301-921-4400

**Design, Color, Fold, and Make Fortune Tellers for the Thoughtful Treasure’s Program at the Children’s Inn at NIH**

Put your creative skills to work and fold and fill fortune tellers with cute and wacky fortunes that will make the children at the Children’s Inn laugh and smile. Sponsored by MoverMoms, a non-profit that promotes family-friendly volunteerism. [www.movermoms.org](http://www.movermoms.org) or 301-320-8836

**Popsicle Stick Vases and Tissue Paper Flowers for Seniors**

Build vases from popsicle sticks and make tissue paper flowers to create beautiful centerpieces be donated to area nursing homes to spread the love for Valentine’s Day.

**Roll Paper Beads and Decorate Valentine’s Day Cards for Senior Citizens**

Roll paper beads from recycled flyers to create bracelets as gifts to go along with cards for area Senior Citizens. Asbury Methodist Village 301-216-4200, Rockville Nursing Home 301-279-9000, Brooke Grove Retirement Village 301-570-7081, CHI Centers 301-445-3350, Hebrew Home 301-770-8332, and Riderwood Village 301-572-8390

**Greeting Cards for Veterans and Hospital Patients with the Nation’s Capital DeMolay**

Send warm wishes to Veterans at the VA Continuing Care Community Center at the VA hospital.

**Sew Polar Fleece Hats for area Homeless**

Help keep the homeless warm this winter by cutting, assembling, and sewing a hat. The hats will be distributed to Montgomery County and DC area shelters. There is some use of sewing machines and instruction on how to do so. Sponsored by The Church of Christ at Manor Woods. [www.manorwoods.com](http://www.manorwoods.com) or 301-460-4550.

**Trail Mix Bags for Shepherd’s Table \*\*Peanuts at this project**

Create personal bags of trail mix for people receiving services at Shepherd's Table. [www.shepherdstable.org](http://www.shepherdstable.org) or 301-585-6463.

**Create Bracelets for the Thoughtful Treasures Program at The Children’s Inn at NIH**

Fashion a bracelet for children at the Inn to receive as a Thoughtful Treasure. Sponsored by the Jewish Community Center of Greater Washington ([www.jccgw.org](http://www.jccgw.org) or 301-881-0100) and Jewish Foundation for Group Homes ([www.jfgh.org](http://www.jfgh.org) or 240-283-6000).

**Fold Paper Cranes with the Help Our Heroes Club of Walt Whitman High School**

Provide comfort and hope to recovering soldiers at Walter Reed by taking part in folding 1,000 paper cranes based on the concept from Japan. Help Our Heroes assists military members, especially deployed and/or wounded soldiers.



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**Show Support for Recovering US Troops**

Make cards for our service men and women who are rehabbing and recovering from injuries sustained while in combat. Sponsored by Youth For Understanding USA. [www.yfu.org](http://www.yfu.org)

**Send Happy Thoughts and Wishes through Make a Child Smile**

Create cards and greetings to send to children who suffer from chronic or life-threatening illnesses and bring a smile to their face. [www.MakeAChildSmile.org](http://www.MakeAChildSmile.org)

**Go Green with Light Switch Plate Covers**

Create a light switch plate cover to remind yourself to turn out the lights when you're leaving a room! [www.montgomerycountymd.gov/dep](http://www.montgomerycountymd.gov/dep)

**Collect Soda Tabs for Pull Tabs for Charity**

Decorate and build a box to collect pull tabs to donate to Pull Tabs for Charity, an organization devoted to raising funds for cancer research protocols and to support Ronald McDonald Charities' (RMHC) worldwide "Home-Away-From-Home" Programs. [www.pulltabsforcharity.org](http://www.pulltabsforcharity.org) or 301-530-2105

**Spread Inspiration with the African Immigrant and Refugee Foundation**

Create Inspiration Cards with quotes from Martin Luther King, Jr. and other great inspiring people. [www.airfound.org](http://www.airfound.org) or 202-234-2473

**Decorate Birthday Wishes for the Retired and Senior Volunteer Program (RSVP)**

Decorate birthday cards to be sent out throughout the year to volunteers age 55 and better who are part of Montgomery County's Retired and Senior Volunteer Program. [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) or 240-777-2610

**Say Happy Chinese New Year with the Tzu Chi Foundation**

Create Chinese New Year greeting cards to wish local seniors a happy and healthy New Year. [www.tzuchidc.org](http://www.tzuchidc.org) or 703-635-4197

**Create Hero Badges for the Pediatric Unit at Holy Cross Hospital**

Create supportive paper "Hero Badges" for children in treatment at the hospital. <http://www.holycrosshealth.org> or 301-754-7305



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## **Volunteer Fair**

Learn more about volunteer opportunities in our community by visiting representatives from local nonprofit agencies.

**A Wider Circle:** Helps individuals and families lift themselves out of poverty. [www.awidercircle.org](http://www.awidercircle.org) or 301-608-3504

**African American Health Program:** Works to eliminate health disparities and improve the number and quality of years of life for African Americans. [www.onehealthylife.org](http://www.onehealthylife.org)

**AmeriCorps:** Offers 75,000 opportunities for adults of all ages and backgrounds to serve and make a difference through a network of partnerships with local and national nonprofit groups. [www.americorps.gov](http://www.americorps.gov)

**American Red Cross: Greater Chesapeake and Potomac Blood Services Region:** Delivers quality humanitarian service to all residents of the county. [www.redcrossnca.org](http://www.redcrossnca.org) or 703-805-2057

**Asbury Methodist Village:** Provides continuing care and other services to our older adult residents. [www.asbury.org](http://www.asbury.org)

**B-CC Civil Air Patrol:** Trains young people (12-18 years old) in emergency services and provides an orientation in aviation-related activities. [www.b-cc.org](http://www.b-cc.org)

**Bethesda Help:** Provides emergency assistance to needy persons of Montgomery County. [www.bethesdahelp.org](http://www.bethesdahelp.org) or 301-365-3022

**Church of Christ at Manor Woods:** Offers help to those in need in our area including meals for homeless shelters and soup kitchens. [www.manorwoods.com](http://www.manorwoods.com) or 301-460-3550.

**Circle of Hope:** Individualized equine-assisted therapy to individuals with physical, developmental, emotional and mental disabilities. [www.CHTR.org](http://www.CHTR.org) or 301-916-2040

**Community Ministries of Rockville:** Improves the quality of life for the most vulnerable of Montgomery County residents by providing basic services including housing, healthcare, homecare, education, and emergency assistance, with the goal of achieving and maintaining client self-sufficiency, and advocating on their behalf. [www.cmrocks.org](http://www.cmrocks.org) or 301-637-0705

**Conflict Resolution Center of Montgomery County:** Provides quality dispute prevention, resolution, and education to individuals and community organizations. [www.crcmc.org](http://www.crcmc.org) or call 301-942-7700

**Day 1 Single Mothers Protection Center:** Provides assistance to single mothers living in Prince George's County and surrounding areas. [www.day1smpc.org](http://www.day1smpc.org)

**Friends of Rock Creek's Environment (FORCE):** Works to protect Rock Creek in order to make it a safer, healthier creek! [www.friendsofrokcreek.org](http://www.friendsofrokcreek.org)

**Habitat for Humanity:** Builds simple, decent, affordable housing for those in our community who are living in substandard conditions. [www.habitat-mc.org](http://www.habitat-mc.org) or 301-990-7536

**Hero Dogs:** Provides independence and improved quality of life to our nation's veterans by training and placing service dogs with military veterans who become disabled while serving honorably in the U.S. Armed Forces. [www.hero-dogs.org](http://www.hero-dogs.org) or 188-570-8653



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**Hospice Caring, Inc.:** Offers practical and emotional support to any Montgomery County resident who is facing a life-limiting illness or is grieving the loss of a loved one, and to provide these services at no cost to the patients or their families. [www.hospicecaring.org](http://www.hospicecaring.org) or 301-869-HOPE (4673)

**Housing Unlimited:** Provides permanent affordable housing for low-income individuals with psychiatric disabilities who are able to live independently. [www.housingunlimited.org](http://www.housingunlimited.org) or 301-592-3914

**IMPACT Silver Spring:** Creates the environments and capacity needed to build and sustain a thriving, multicultural community. [www.impactsilverspring.org](http://www.impactsilverspring.org)

**Interages:** Interactive, intergenerational programs that are mutually beneficial to senior adults and children. [www.interagesmd.org](http://www.interagesmd.org) or 301-949-3551

**Interfaith Works Development Office:** A nonprofit agency and a non-sectarian interfaith coalition of more than 165 affiliated congregations of diverse faiths, working together to meet the needs of the poor and homeless in Montgomery County. [www.iworks.org](http://www.iworks.org) or 301-762-8682.

**interPLAYcompany Band:** A stimulating creative and unique approach to music for adults with mental and/or physical disabilities. [www.interplayband.org](http://www.interplayband.org) or 301-229-0829.

**JAA Foundation Inc.:** A Mentoring Organization that seeks to help ladies resolve issues of Anger, Rage and Low Self-Esteem, producing a healthy, vibrant person capable of establishing positive relationships with family, friends and significant others. [www.jaafoundation.org](http://www.jaafoundation.org) or 301-518-4343.

**Jewish Community Center of Greater Washington:** The JCC of Greater Washington inspires and connects people of all ages and backgrounds through educational, cultural and recreational opportunities in a welcoming and inclusive environment. [www.jccgw.org](http://www.jccgw.org) or 301-881-0100.

**Jewish Federation of Greater Washington JConnect:** Caring for those in need, deepening engagement in Jewish life, and strengthening the bonds among Jews in the Washington area, in Israel, and around the world. [www.shalomdc.org/jvc](http://www.shalomdc.org/jvc)

**Jewish Foundation for Group Homes:** Jewish Foundation for Group Homes (JFGH) provides support and services for individuals with disabilities in the Washington, D.C. metropolitan area. [www.jfgh.org](http://www.jfgh.org) or 240-283-6000.

**Jewish Social Service Agency:** Professional non-sectarian mental health, home health and social services. [www.jssa.org](http://www.jssa.org)

**Literacy Council of Montgomery Count:** Tutors adults, living or working in Montgomery County, who want to achieve functional levels of reading, writing and speaking English. [www.literacycouncilmd.org](http://www.literacycouncilmd.org) or 301-610-0030.

**Manna Food Center:** Fights hunger and feeds hope through food distribution, education, and advocacy in Montgomery County. [www.mannafood.org](http://www.mannafood.org) or 301-424-1130.

**Meals on Wheels of Montgomery County:** Volunteer run organization which delivers food every weekday to homebound seniors and adults with disabilities. See previous listing in projects section of handout to find your local program.

**Montgomery County Board of Elections:** Helps residents exercise their right to vote. [www.montgomerycountymd.gov/elections](http://www.montgomerycountymd.gov/elections) or 240-777-8500

**Montgomery County Child Welfare Services:** Works to protect children and preserve families. 240-777-1245



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**Montgomery County Coalition for the Homeless:** Works to end homelessness by creating housing options, providing supportive services and facilitating collaboration, education and advocacy. [www.mcch.net](http://www.mcch.net) or 301-217-0314

**Montgomery County Foster and Adoptive Parent Services:** Learn about how to become a foster parent in Montgomery County. 240-777-1664

**Montgomery County Muslim Foundation:** A non-profit focused on the well-being of Montgomery County citizens. [www.mcmfusa.org](http://www.mcmfusa.org) 301-760-7447

**Montgomery County Recycling Volunteer Program:** The Montgomery County Recycling Volunteer program, a part of the Department of Environmental Protection, Division of Solid Waste Services, encourages environmental stewardship through its public outreach on waste prevention, reuse and recycling. [www.montgomerycountymd.gov/recycling](http://www.montgomerycountymd.gov/recycling) 3-1-1 (within Montgomery County) or 240-777-0311 (outside Montgomery County)

**Montgomery County SPCA:** An all-volunteer, non-profit animal rescue organization. [www.mcspca.org](http://www.mcspca.org) 301-948-4266

**Montgomery County Stroke Association:** Provides info and support to stroke survivors and family member/caregivers. Increase community awareness. [www.mcstroke.org](http://www.mcstroke.org) 301-681-6272

**Montgomery County Volunteer Center:** Mobilizes people and resources to deliver creative solutions to community problems. [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) 240-777-2600

**Montgomery Hospice:** Gentles the journey through serious illness and loss with skill and compassion. Montgomery Hospice provides compassionate care that addresses the unique physical, emotional and spiritual needs of people with life-limiting illness, their loved ones and the bereaved. [www.montgomeryhospice.org](http://www.montgomeryhospice.org) 301-921-4400

**Nation's Capital DeMolay:** Organization dedicated to preparing young men to lead successful, happy, and productive lives. 518-588-3631

**The National Center for Children and Families:** Creates total, healthy living environments for vulnerable children, youth, and families, and the quality of life which empowers their ability to thrive and demonstrate responsibility. [www.nccf-cares.org](http://www.nccf-cares.org) or 301-365-4480 x113

**Neediest Kids:** Helps low-income students build a bridge to success by providing them with the basic essentials they need to succeed in school, including eyeglasses, school supplies, food, coats and clothing, personal care items, and other necessities. [www.neediestkids.org](http://www.neediestkids.org) or 703-377-8045

**Organizing for America:** A community organizing project of the Democratic National Committee.

**Pain Connection-Chronic Pain Outreach Center, Inc.:** Provides monthly support groups, information and referrals, community outreach and education, website and newsletter in order to improve the lives of chronic pain sufferers. [www.painconnection.org](http://www.painconnection.org) 301-231-0008

**The Senior Connection:** Helps older persons live as independently as possible while remaining integral members of their communities. [seniorconnectionmc@gmail.com](mailto:seniorconnectionmc@gmail.com) or 301-962-0820

**Shepherd's Table:** Shepherd's Table works to provide help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance in an effective and compassionate manner. [www.shepherdstable.org](http://www.shepherdstable.org) or 301-585-6463.



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**St. Anthony's Bridal:** Offers bridal services to lower income couples who are finding it hard to afford a traditional wedding and celebration, and offers free use of bridal gown, tux, bridesmaid gowns, tablecloths, centerpieces, silk bouquets, veils, etc. [www.stanthonybridal.com](http://www.stanthonybridal.com) or [stanthonybridal@gmail.com](mailto:stanthonybridal@gmail.com)

**StatAid:** Provides affordable statistical consulting services with a specific focus on organizations that promote, defend and/or monitor human rights and humanitarian causes; does research that improves survey methodology and statistical methods for collecting and analyzing data related to human rights and humanitarian concerns; and offers statistical and survey methodological training. [www.stataid.org](http://www.stataid.org) or 240-764-4674

**Teens Express:** Teaches and develops teens into leaders capable of teaching and changing lives through the arts. [www.teensexpress.org](http://www.teensexpress.org) or 301-877-0592

**The Children's Inn at NIH:** A private, nonprofit family-centered residence for pediatric outpatients at NIH. Its purposes are to keep children together with their families during serious illness, to reduce their stress and to facilitate their healing through mutual support. [www.childrensinn.org](http://www.childrensinn.org) or 301-496-5672

**The Village of Rockville:** A Continuing Care Retirement Community for persons 65 and older. [www.villageatrockville.com](http://www.villageatrockville.com) or 301-424-9560

**Women Who Care Ministries:** Helps those who are hungry, homeless, low-income, overcoming substance abuse, victims of domestic violence, and ex-offenders re-entering society. [www.womenwhocareministries.org](http://www.womenwhocareministries.org) or 301-963-8588

**Youth For Understanding USA:** A non-profit international educational organization with programs in 64 countries. One of the world's oldest, largest, and most respected exchange organizations. [www.yfu-usa.org](http://www.yfu-usa.org) 1-800-TEENAGE



Thank you for volunteering!

**Stay connected with the Montgomery County Volunteer Center:**

**Pledge 25!**

Volunteer 25 hours in Montgomery County between MLK Day, January 17, and Community Service Day, October 22, track your progress online, and get recognized!

Check out our website: [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) and sign up for our e-newsletter "Montgomery Volunteer"



Follow us on

**twitter**

@MontCoVolCenter

Like the "Montgomery County Volunteer Center" on

**facebook**



Give us a call: 240-777-2600

or e-mail: [volunteer@montgomerycountymd.gov](mailto:volunteer@montgomerycountymd.gov)



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# **“Life’s most urgent and persistent questions is, ‘What are you doing for others?’ ” - Martin Luther King, Jr.**

Today was a great example of how to share in MLK’s dream and get involved in your community, now what? Reflect on what you did today and think about what you can do tomorrow!

## **What?**

- 👏 What did you do today and who did you help?
- 👏 What did you learn about your community, or a particular issue, today?
- 👏 What is one thing you did today to help make MLK’s Dream a reality?



## **So What?**

- 👏 Why did we participate today?
- 👏 How will today’s service impact our community?

## **Now What?**

- 👏 Now what do we do? How else can we help?
- 👏 MLK had BIG dreams that are today becoming a reality, what are some BIG dreams YOU have that you hope will one day become a reality? How can you make that happen?
- 👏 What is one thing you will tell a friend about what you did today? How can they help you in making a difference?
- 👏 Visit [www.montgomerycountymd.gov/volunteer](http://www.montgomerycountymd.gov/volunteer) to find volunteer opportunities.

